

Jake Panetta

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EDUCATION

Adelphi University

Studying towards earning my Bachelor of Exercise Science Degree
Anticipated graduation date: May 2028. Cumulative GPA: 3.8

Oyster Bay High School

Graduated June 2024, Advanced Regents Diploma

WORK EXPERIENCE

Buckram Stables Cafe; Busser; (2024 - present)

Clear and set tables, restock supplies, assist waiters & waitresses

Foster Restaurant; Busser; (2023 - 2024)

Clear and set tables, restock supplies, assist waiters & waitresses

East Norwich Deli; (Summer 2023)

Greet customers, make sandwiches, work the cash register, clean up

COMMUNITY SERVICE / VOLUNTEER WORK

Coaching Hockey; (2-3x / week during Summer 2023 - present)

One on one training with a six-year-old boy, teaching him the basic skills needed to play the game of hockey, both as a player and as a goalie

Dog Walking; (2020 - present)

Walk my neighbor's dogs whenever they are unable to

Oyster Bay Recycling Challenge; (2019 - 2024)

Collect bottles and recycle them at the local recycling center

Oyster Bay Hamlet Clean-Up; (2019 - present)

Help to preserve the Oyster Bay Hamlet & Downtown by collecting & removing trash

Oyster Bay Holiday Market Stroll; (December 2022)

Volunteer at the pop-up tent to sell refreshments as fundraiser for the class of 2024

Oyster Bay Karate, Oyster Bay, NY; (2019-2021)

Lead & teach younger classes in the drills & techniques needed to learn Jeet Kune Do

Kick-A-Thon; (2010 - 2021)

Yearly fundraising event to help under-privileged students participate in Jeet Kuan Do

HONORS, AWARDS, AND ACCOMPLISHMENTS

Academics:

- Nassau Zone Outstanding Physical Education Award: (12th Grade)
- Business and Marketing Honors Society: (11th Grade)
- Academic Award for Physical Education (11th Grade)
- Principal Honor Roll: 12th Grade; Q1, Q2, Q3, Q4
- Principal Honor Roll: 11th Grade; Q1, Q2, Q3, Q4
- Honor Roll: 10th grade; Q1, Q2, Q3, Q4
- Honor Roll: 9th Grade; Q1

Athletics:

- Varsity Starting Ice Hockey Goalie for Cold Spring Harbor Seahawks; (9th grade 12th grade)
- Varsity Lacrosse Goalie for Oyster Bay Baymen; (11th grade to 12th grade)
- JV Starting Ice Hockey Goalie for Cold Spring Harbor Seahawks; (8th, 9th & 10th grade)
- Earned Brown Belt in Jeet Kune Do (2019) / Studied & practiced Jeet Kuan Do (2010- 2021)